

# EXAMS ARE STRESSFUL FOR EVERYONE. HERE ARE A FEW WAYS THAT COULD HELP...

*The scale of the challenge can seem intimidating*

## Get Organised

- Make a **revision timetable** for exams and any coursework you need to do.
- Break your revision down and give yourself a **certain amount of content** to learn each day.
- Build in **break times**. 45 mins of revising and then 20 mins of break. Go for a walk/blast of fresh air, have a cup of tea, play some music. Move away from the study area.
- Looking over some **past exam papers** or even answering some in exam conditions can help calm your nerves.
- Try rewriting key points from your notes as **flash cards** or a **mind map** to see the big picture.
- Try **revising with friends** to go over key points but be careful not to get distracted!
- Make sure your work space is **free from distractions**. Use apps to block social media websites temporarily so you don't get distracted." (Like SelfControl, Cold Turkey or others).
- Also **make your family aware** of the fact that you need some peace and quiet during this time, so they know not to disturb you.

## Look after yourself...

- Eat healthy, take regular exercise and ensure you are getting enough sleep.
- Put things in perspective – exams don't last forever, there will be plenty of time to spend with friends and family when they are over.

## BEFORE THE EXAM

**Don't work to the last minute** on the night or morning of exam (last minute may leave you feeling muddled and anxious).

**Eat breakfast** as this will help fuel your brain!

Ensure you have the **correct equipment**.

**Arrive on time**, know where you are going and bring your ID.

If you are feeling nervous take some **deep breaths**.

**Avoid people who stress you out**.

Listen to some **calming music** prior to the exam.

Use **visualisation** – imagine how you would like the exam to go and use positive self-talk. I can do this!

## IN THE EXAM

- Once you get into exam room take some **deep breaths**.
- **As instructed** complete any personal information required.
- You have time to **read the paper** so do so thoroughly – read the whole paper once, then mark the questions you think you can answer.
- Tell yourself that **YOU CAN** answer well.
- **Read questions carefully** and make sure you understand what is required.
- **Take one step at a time**.
- Take more **deep breaths** if feeling a lack of concentration or panicky.

***You can do this!***